

FACTSHEET

This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form.

Food intake record

Instructions

- The food intake record should reflect your child's usual eating habits.
- Write down everything that your child eats and drinks over a day from waking up to going to sleep. This includes snacks, water and other drinks, medications, vitamin and mineral supplements. It is useful to write this down after every meal, while it is still fresh in your mind.
- If you need to record more than one day's intake, simply copy the blank form for as many days as you need.
- Include food intake on a weekend day if three or more days of record is needed. Record any comments e.g. social events, dining out, travel etc.
- Use a new line for each food or drink.
- Record each food individually, e.g. a tuna sandwich might be two slices of wholemeal bread, two teaspoons of margarine and half a cup of tuna (canned in brine).
- Always record cooking methods such as boiling, frying etc.
- Give a detailed description of the food or drink and include brand names where possible, e.g. Arnott's Milk Arrowroot® biscuit.
- Don't forget to include any sauces, mayonnaise or gravies that are used. Also include additions of seasonings, such as salt.
- Remember to record only what your child eats, not what you serve

Name:			
Date:	Day:		
Time:	Food / Drinks (Give detailed description and brand names where possible)	Amount	Comments